



# NORTH NEWS

NEWS FROM THE HUDSON SENIOR CENTER

A PROGRAM OF THE HUDSON NH RECREATION DEPARTMENT

The Hudson Senior Center is Re-Open! We have added another day, bringing us to 4 days a week! We are still working on adding programming to the schedule...But we are happy to announce some new activities and bringing back some old favorites! Check out the schedule on page 2 to see what's new! Thank you so much for your patience as we continue to re-open! We look forward to having you back at the Hudson Senior Center for activities! Please RSVP for all your programming by stopping by or you can call 578-3929



4 DAYS A WEEK!

## NEW SCHEDULE!

We have a new Schedule for the remainder of the year! Please check out the schedule on the next page to see what is available, including new (and changed) class offerings and times!

## INCLEMENT WEATHER!

Yes its that time of year to prepare for Inclement Weather. Be sure to watch the local Government Channel HCTV or WMUR TV or WMUR Website. We will also display it on the Town of Hudson Website under the Senior Center Pages. Look for the Inclement Weather Tab!



Be Thankful!



# NEW SCHEDULE!

## MASKS

If you are not fully vaccinated please protect yourself and others by wearing a mask.

Masks may be required depending on Town numbers

## MONDAY

8:00am Center Opens  
9:00am Billiards  
10:30am Aerobics \$5  
1:00-3:45pm Ping Pong  
4:00pm Center Closes



## TUESDAY

8:00am Center Opens  
9:00am Billiards  
9:30am Walking Group  
10:00am North Barn Presents  
(See schedule on page 3 )  
1:00pm Chair Yoga \$5  
1:00pm Tech Help Tuesdays  
(Call to book an appointment at 578-3929)  
2:30pm Strength & Balance \$5  
4:00pm Center Closes

## WEDNESDAY

8:00am Center Opens  
9:00am Billiards  
9:00am Silver Knitters  
9:00am Wednesday in the Activity Room \*  
(See schedule on page 5 )  
12:00pm Center Closes

## THURSDAY

8:00am Center Opens  
9:00am Billiards  
9:30am Walking Group  
9:00am Line Dancing - Beginners \$5  
10:30am Line Dancing – Intermediate \$5  
1:00pm Corn Hole  
1:00pm Aerobics \$5  
2:30pm Strength & Balance \$5  
4:00pm Center Closes

## CLOSED DATES & NO CLASSES

No Yoga 11-9-2021

Yoga 6 Week Session Begins 11-16-2021  
Please call to RSVP 598-3929

Closed November 25, 2021

No Line Dancing 12-23, 12-30-2021

No Line Dancing 1-6-2022

## CORONAVIRUS ~ COVID -19 INFORMATION

The Senior Center will continue to follow all local Government Rules and Regulations as well as all State of New Hampshire Rules and Regulations in regards to the Coronavirus Pandemic. As a general rule...if you do not feel well please stay home.



# The North Barn Presents

Tuesday Mornings at 10am ~ RSVP is suggested but not required

## **COFFEE WITH THE COPS!**

The Hudson Police Department will once again be joining us for presentations on different subjects involving Community Policing. First up is a report and presentation on the current Scams, including COVID related scams.  
(No Coffee served right now)

**11/30, 12/28, 1/26**

**DECEMBER 7, 2021**

## **FIRE SAFETY & PREVENTION**

Please join us as we welcome back Fireman Steve who will discuss Fire Safety around the Holidays, among other topics!

**DECEMBER 14, 2021**

## **HOLIDAY CAROL SIGN ALONG**

Please join us for a  
Holiday Carol Sing-A-Long  
Featuring Bob, Marie and John.

Please watch for the delivery of a pamphlet created by Rivier University Family Nurse Practitioner Student, Maya Beegan. She is creating this as a school project and it is on the COVID-19 Booster.

**Masks are strongly encouraged for the  
North Barn Presents**

**NOVEMBER 2, 2021**

## **ALOHA FROM BENES!**

Please join us for a concert featuring the musical stylings of the famous Benes Konecny!

**NOVEMBER 9, 2021**

## **VISITING ANGELS**

Information about Visiting Angels and their programs, and how to become an Angel yourself!

**NOVEMBER 16, 2021**

## **BILL'S GARAGE BAND**

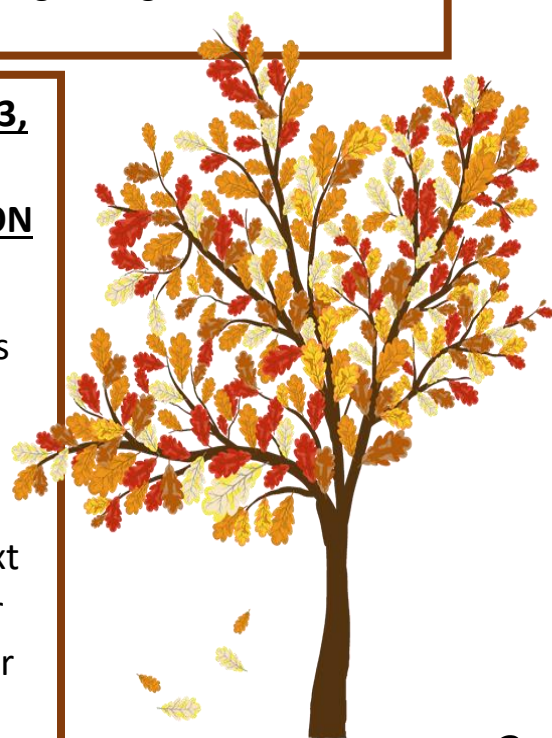
Come join us and listen to the "Band" play Ukulele's and other instruments! This is a fun sing-a-long event!

**NOVEMBER 23,**

**2021**

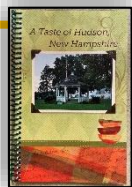
## **NH CREMATION SOCIETY**

Please join us  
for an  
informative  
conversaton  
about the next  
steps in your  
future forever  
plans.





# The North Barn Activities & Information



## **TASTE OF HUDSON COOKBOOK \$10**

If you are looking for a great find for yourself or others consider picking up a cookbook at the Senior Center! The recipes came from the Town of Hudson Employess and the book features great photos of Town Landmarks! All proceeds benefit the Hudson Food Pantry.

## **INDOOR PICKLEBALL**

We are still working on the details of indoor Pickleball. Current Registrants of the Senior Center will receive any details through email as soon as we have updates. (You must be registered to play Indoor Pickleball.) In the meantime you are welcome to play at our outdoor courts located on Melendy Road in Hudson. (Tues & Thurs 9am)

## **AFFORDABLE HEARING AIDS**

Chris Streeter is here the first Tuesday of every month for appointments. Please sign up at the Senior Center or call 578-3929 to make an appointment.

## **PING PONG**

Our Ping Pong Tables will be set up on Monday afternoons from now on! Please stop by anytime from 1-3:45pm! 603-578-3929 with questions

## **FREE SHOE & BRACE CLINIC**

November 11, 2021

We are hosting a Shoe and Brace Clinic!

Please contact the Senior Center for an appointment and forms for your doctor. Appointments available starting at 1:30pm on November 11. **Spots Still Available!**

## **BILLIARD TABLE!**

Our billiard table is once again open for playing! Please RSVP to be included in this activity, just so we know how many people to expect! The table is available every day starting at 9am.

## **TECHNOLOGY HELP TUESDAY**

John is once again available for appointments to help with your Technology needs! Please sign up for a time on Tuesdays to meet one-on-one with John! Appointments are in the afternoons starting at 1:00pm.

Call 603-578-3929 to book an appointment

## **COMMUNITY DINING**

Community Dining will be offered at the Hudson Senior Center again! Please sign up to be included in all correspondence and re-start information.





# WEDNESDAY in the ACTIVITY ROOM

Wednesdays are amazing in our Activity Room and I wanted to share why! This is some of our new programming options and offerings! Please feel free to join us! Each week is a different Activity!

## **FIRST WEDNESDAY** **\*BOOK & PUZZLE SWAP\*** **8:30am – 1:00pm**

We are now hosting a BOOK SWAP and PUZZLE SWAP on the first Wednesday of each month! Please bring your books and puzzles to share to the Activity Room and browse through other books and puzzles that have been brought in!

## **SECOND WEDNESDAY** **\*Home Health & Hospice** **Foot Care Clinic \***

We host a foot care clinic on the 2<sup>nd</sup> Wednesday of the month. Please call 603-689-2899 to set up an appointment. Please be aware if the Center is closed due to inclement weather there is no Clinic.

## **THIRD WEDNESDAY** **\*BOOK CLUB\***

Welcome back to the Book Club! We will meet the 3<sup>rd</sup> Wednesday of each month at 10:00am.  
Our Book Club is special because each month we read to a theme...it could be Author, Subject, Time Period etc.  
Please join us!

## **FOURTH WEDNESDAY** **\*QUILTING GROUP\***

Welcome back to our Quilting Group! We will meet once a month to discuss the latest trends in quilting and share ideas. We may also choose to take on projects to benefit our neighbors at local nursing homes etc. This is a fun group to join if you have an interest in quilting!

## **FIFTH WEDNESDAY \*BLUE MOON ACTIVITY\***

In lieu of all things fun there are only a few of these days in the year...so we will make them special activity days! Our next one will be December 29, 2021...more information will be posted at the Center or in the next Newsletter!



# NEW ACTIVITIES!

## WALKING CLUB

Tuesday and Thursday mornings in good weather please join us to take a walk! We will stick to the main paths of Benson Park and wander around our beautiful area!

The walk will begin at 9:30am, meet in the Senior Center lobby! We have a nice group ready to walk with you!

## EMAIL LIST

There are now two ways to receive emails from the Senior Center. One is make sure Lori has your correct email on file. The second is you can go to the Town of Hudson Website and in the top right hand corner Click on HOW DO I Then click on STAY CONNECTED click on RECEIVE TOWN EMAIL NOTIFICATIONS

Click the box next to Senior Center Notifications and register your email.

Now you will receive up to date information when it is posted!

## CORN HOLE

We will be playing Corn Hole on Thursday afternoons starting at 1:00pm! Please join us to learn this fun and popular game! We will play outside if weather allows!

## PAINTING CLASS!

We will be hosting our next acrylic painting class on DECEMBER 3! Cost is \$20 per person and covers all your supplies! We will be painting

## *WINTER FRIENDS*

Payment is required at RSVP. You can make checks out to the *Town of Hudson* or pay with cash at the center. The sample painting will be on display at the Senior Center.

Please call 578-3929 with any questions!

**RSVP begins November 8 at 9:00am**  
Space is limited and classes fill quickly.

## SNOWMAN CONTEST

We will be holding our first Snowman (or Snowperson) Contest at the Senior Center this winter! Be ready when it snows! Snowpeople can be made at your place or ours! Send a picture to [lbowen@hudsonnh.gov](mailto:lbowen@hudsonnh.gov) if you do make your Snowperson at home! If you make it here at the Senior Center please let us know! There are no rules as to how big or small your Snowman is...and you can create using a team! Have fun with this great outdoor activity!



## NEW ACTIVITIES!

### **BILLIARD TOURNAMENT**

Sign up to play in our first ever Billiard Tournament!

\$5 to enter per person (Pay at Sign Up)

All participants must be registered at the Senior Center prior to entry

Each player must play every other participant in the tournament (example: 10 people enter, player 1 must play all 9 others)

Scores must be reported to Lori

All preliminary games must be finished 30 days after tournament begins (subject to change depending on number of entries)

(If only a small number of participants sign up, we will do best 2 of 3 for initial preliminary games)

All participants will be entered into a double elimination bracket after completion of all preliminary games

Trophy(s) given at the end of bracket play

ANTICIPATED DATE STARTING  
MID-JANUARY 2022 FOR PRELIMS  
Call 603-578-3929 with questions

### **HAT & MITTEN TREE**

We are once again creating a Hat & Mitten & Scarf tree to benefit the Hudson Food Pantry. Please consider donating new items; or if you are a crafter donating new made items. All items need to be collected by November 30 in order to deliver for Christmas.

Please stop by the Senior Center to add your donations to our tree!



### **NORTH BARN PRESENTS**

The North Barn Presents is back! Please check out the schedule on page 3 to see what presentations are upcoming! RSVP is suggested but not required! Flyers with more information are available at the Center! 10am every Tuesday!



# ABOUT THE SENIOR CENTER

## *The 5 W's & 1 H about the*

### Hudson Senior Center

**What:** The Hudson Senior Center is an active adult recreation center that focuses on improving the daily activities of the local population of residents age 55 or older.

**Who:** Anyone over the age of 55, or their spouse if younger

**Where:** 19 Kimball Hill Road,  
Hudson NH (603) 578-3929

**When:** Summer Re-Opening hours are Tuesday – Thursday 8am-4pm

**Why:** To be more active, make new friends, have a good lunch, get in shape, stay healthy and more!

**How:** Register any day at the office! \$10 registration fee per fiscal year; per person. You can also download the forms off the website at:

<https://www.hudsonnh.gov/seniorcenter>

## REGISTRATION FOR 2021

If you would like to continue being a part of the Hudson Senior Center and coming to activities you need to register for the 2021-2022 year. We began registration for the year on July 15, 2021. Our next new year will begin on July 1, 2022. You can drop by the Senior Center any time we are open to re-register, or register for the first time! It is \$10 a year (we run a fiscal year at the Senior Center) to belong and we accept cash or checks made out to the Town of Hudson.

Be sure to get the new sticker on your badge if you are re-registering! If you are registering for the first time please leave enough time to fill out paperwork and sit for your photo ID!

Forms are also available on the website

## EMAIL LIST!

New to the Center! We will also be able to email your newsletter to you!

As well as any updates and special event information! To stay in touch with all things happening at the Senior Center please register and add your email to our database! If you are not receiving emails please let us know.

Also you can add [lbowen@hudsonnh.gov](mailto:lbowen@hudsonnh.gov) to your contacts

HUDSON RECREATION DEPARTMENT - SENIOR CENTER PROGRAM  
LOCATED IN THE NORTH BARN AT BENSON PARK

19 KIMBALL HILL ROAD, HUDSON, NH 03051

603-578-3929

[WWW.HUDSONNH.GOV](http://WWW.HUDSONNH.GOV)

[cpeterson@hudsonnh.gov](mailto:cpeterson@hudsonnh.gov)

[lbowen@hudsonnh.gov](mailto:lbowen@hudsonnh.gov)

